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Annex "A," Subparagraph 1p,
Sociological Background

HEALTH AND SANITATION IN FORMOSA

I. FOOD AND HOUSING

A. Diet and Food Supplies

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The main diet of the Formosan people consists of rice and vegetables. A moderately active male adult generally consumes one catty (600 grams of 1.321 lbs.) of rice a day, the amount comprising over 75 per cent of his daily requirements of 24,000 to 28,000 calories.[1] A survey conducted by the National Defense Medical College showed that rice supplied 82 per cent and vegetables 7.5 per cent of a soldier's daily caloric requirement, and rice alone provided 64.5 per cent of his protein need.[2] The proportionate nutrient value of food consumed by civilians is probably quite similar. Some poor families, unable to afford rice, rely wholly or in part on sweet potatoes as their staple food. To a considerable extent, rice is supplemented with flour by a part of the immigrant population from the Mainland. Rice, sweet potatoes, tea, sugar, fruit,

1. The caloric content of rice is calculated on the basis of 350 calories per 100 grams of rice.

2. S.C. Hsu, "Nutritional Study of Processed Soybeans," Chinese American Economic Cooperation, Taipei, June 1952, pp. 56-59.

146 and vegetables are produced in plentiful supply on Formosa. The diet of the people generally is 262 considered adequate in proteins, minerals, and vitamins, except B2, but the protein is poor in quality, only about 10 per cent of it being derived from animal sources. Fish furnishes about 50 per cent of all animal protein consumed on the island;[3] other principal sources are pork and poultry. Dairy products have a low place in the dietary habits of the people, except for infants whose mothers cannot provide breast-feeding.

B. Housing Conditions and Problems

362 Of the problems of food, clothing, and shelter, the latter still poses a serious problem, but the food and clothing problems have been fairly well met. The housing situation remains critical despite the assistance of the government and U. S. agencies in instituting various housing programs and improving housing conditions during the last few years. Much progress has been made in this area, and the day when every citizen occupies adequate housing may not be too far off.

Formosan dwellings may be divided into three main types. A typical good urban dwelling is built of reinforced concrete with kiln brick walls, new tile roof, and cement floors and is equipped with electric lights and running water. A typical good rural house has mudbrick walls, thatch roof, and dirt or cement floor, the water supply comes

3. Economic Co-operation Administration, Economic Development on Formosa 1951-52, Taipei, 1953, pp. 39-40.

demands of domestic consumption. Surplus rice is exported each year, and the supply of vegetables is considered adequate. Meat is expensive, and the ability to buy meat determines socio-economic position in Formosan society. Data on dietary habits, caloric requirements, and so forth are not available, probably because extensive surveys have never been conducted on the island. There is no way of ascertaining basic food requirements to maintain a desirable nutritional level.

The Provincial Food Bureau has estimated the per capita rice requirement for civilians to be 143.4 kilograms, and for the military, 308 kilograms. (These figures do not provide for surplus storage, waste, spoilage, or seeds.) Rice requirements for the next ten years may be estimated as indicated in Table 4. Note that the size of the military force on Formosa is assumed to remain constant (600,000).